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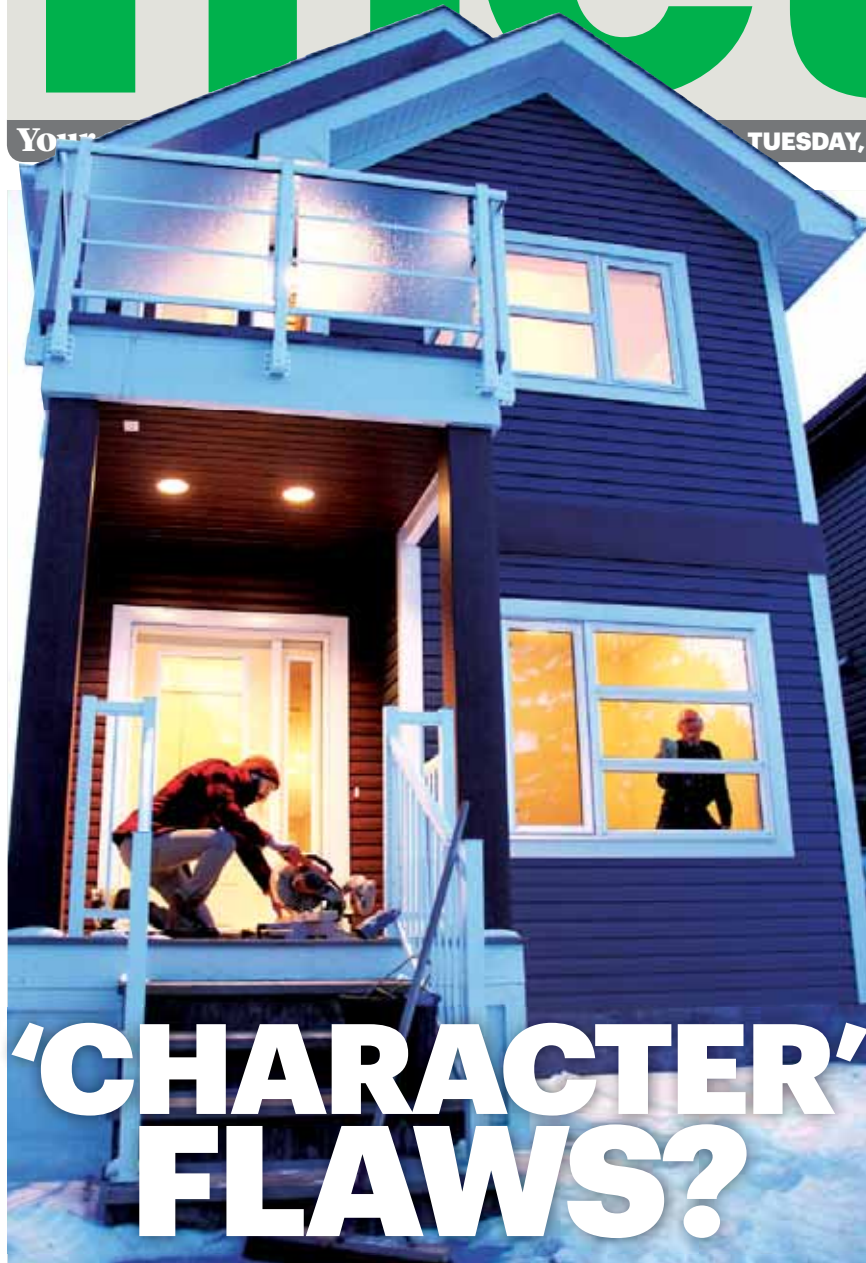
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Younker

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'CHARACTER' FLAWS?

Some affluent communities are pushing back on
infill — but not all developers are on their side

metroNEWS

School trips getting nixed

EDUCATION

Catholic board cancels foreign travel due to terror threats



**Braeden
Jones**
Metro | Edmonton

In response to recent mass shootings in the United States and terror threats in Europe, the Edmonton Catholic School board has cancelled all international trips this year.

"This was a really difficult decision for administration to make," said spokesperson Lori Nagy.

Trips within Canada will go forward, but 20 field trips to other countries have been cancelled.

Nagy said she understands parents and students will be disappointed — "but ultimately, from what we've seen in the last few weeks throughout the world, we no longer live in a certain world climate.

"We don't know what could happen at any time."

St. Joseph's High School principal Hugh MacDonald said he and other principals were given a heads up and

consulted before the decision was made.

A trip to Spain many of his students were looking forward to is one of the journeys cancelled.

"We had a trip planned to a lot of the major cities ... (it) looked at the areas of social studies, art and religion ... Spain being rich in all of those," he said.

MacDonald explained that students were angry at first, but eventually understanding.

"They realized (the board was) making the decision to keep them safe," he said.

Nagy said the board will re-evaluate the decision after spring break and determine if the international travel hiatus will extend to next year.

MacDonald hopes it won't.

"These are great trips that open minds to a world of possibilities, so we are totally looking forward to these trips coming back online," he said.

The Calgary Catholic School District made a similar decision Monday and cancelled all

international travel.

Spokesperson Tania Younker said that decision would be revisited in September 2016.

The Alberta School Boards' Insurance Exchange says terrorist attacks are growing and the Islamic State of Iraq and the Levant (ISIL)'s aggressive disregard for human life makes the group dangerous and volatile.

"The unpredictability of (ISIL) as to where these extremists will hit next is a concern, as they have supporters throughout the world," reads the bulletin sent to school boards.

"The teacher in charge, the principal and the school board have a legal obligation to ensure a safe and caring environment. Student, staff and chaperone safety should be first and foremost."

The insurance bulletin also notes that school boards have a responsibility to educate, but not to put travellers in a potentially hazardous situation.

WITH FILES FROM THE CANADIAN PRESS




The unpredictability of (ISIL) as to where these extremists will hit next is a concern, as they have supporters throughout the world.

A bulletin from the Alberta School Boards' Insurance Exchange

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EDSON

RCMP find 30+ firearms

The RCMP say a search of a property west of Edmonton — where police shot a suspect wanted in a triple homicide — uncovered more than 30 firearms, some of them loaded. Officers also found illegal rifle ammunition magazines, bullets and body armour.

Mickell Bailey, 19, has been charged with two counts of first-degree murder and one count of second-degree murder in the deaths.

"We were conducting a search that was part of the homicide investigation and we recovered a number of firearms and ammunition, body armour as well as various types of stolen property," Insp. Gibson Glavin said Monday.

A neighbour has said the farm where Bailey lives is owned by his grandfather, Herb Heintz. Investigators have said that an officer hit Bailey with a single shot last Tuesday, as he walked out of a house carrying a firearm during a confrontation with police.

The homicide victims have been identified as Daniel Miller, 46, Roxanne Berube, 36, and her 16-year-old daughter, Jazmine Lyon.

Their bodies were found in a home near the hamlet of Peers, just outside of Edson, on Nov. 29.

Berube was once married to Bailey's uncle.

"They are all known to each other, including the accused, but we are not speaking to the exact relationships between them," Glavin said.

Bailey was treated in hospital last week for a gunshot wound and was listed in serious condition.

He is to appear in Edson provincial court on Dec. 15.

THE CANADIAN PRESS



Signs, urging people to get in touch with crisis lines, dot Edmonton's High Level Bridge. RYAN TUMILTY/METRO

Suicide rate jumps by 30% in province

DISTRESS

Expert says hike may not be linked to economic woes



Andrea Ross
Metro | Edmonton

Alberta's suicide rate is climbing drastically, but one mental health professional says it might not necessarily be related to the province's economic downturn.

New statistics from Alberta's chief medical examiner show

about 30 per cent more Albertans died from suicide in the first six months of this year, compared to the same time period last year.

The increase is "staggering," said Mara Grunau, executive director for the Centre for Suicide Prevention.

"This is a problem," Grunau said. "Our suicide rate in Alberta has been flat for a really long time. This is the first change we've seen in a long time."

There were 252 suicides in Alberta from January to June of 2014. This year, there were 327 in the same time period.

Grunau said it's too early to tell whether the province's economic downturn is responsible for the steep increase.

66

It was high to start with and now it's getting worse.

Mara Grunau

Typically, she said, suicide rates increase about two years after catastrophic events, when people have exhausted their personal resources.

Two years ago, floods decimated parts of southern Alberta. The statistics could be showing the results of that trauma, instead of the more recent economic downturn, Grunau added.

"(It) doesn't mean some

people didn't lose their jobs and die by suicide, because some people have," she said. "But as an overall trend, I can't say that's what's causing it."

Alberta's suicide rate surpasses that of Ontario, and more Albertans die by suicide every year than in car collisions.

Those concerned their loved one may be thinking about suicide should ask them directly, and consult with mental health agencies in their area, Grunau said.

"This increase is alarming. It was high to start with and now it's getting worse," she said. "We need to do something, we need to have a coordinated effort."

LEGISLATION

Farm work bill amended



Ryan Tumilty
Metro | Edmonton

With protests growing across Alberta, the NDP government made further changes its farm safety legislation Monday to exclude family members and friends from its proposed workplace rules.

The amendments to its bill specifically preclude family members and volunteer helpers on farms from being covered by either the Worker's Compensation Board or Occupational Health and Safety Legislation.

The government previously indicated that a provision would be included in regulations to address that concern, but it's now specifically part of the bill.

Paid workers on farms, who aren't members of the farmer's family, will be covered by both agencies — but only for the period when they are on the farm in the event they are seasonal labour.

Agriculture minister Oneil Carlier said the government is clarifying the bill to make sure it stays true to its original intention of protecting farm workers.

The government is also promising to work with farmers on further regulations for their industry over the next 18 to 20 months, but is not delaying passing the bill.

The bill extends workplace regulations on wages and hours of work to farms, but the government is promising to work out the regulations.

Four children have died in farm accidents in Alberta in just the past three months.

Labour minister Lori Sigurdson admitted the NDP's safety bill would not give the government the ability to investigate those tragedies or recommend changes.

Still, "It's a step forward," she said. "We can work with farmers and ranchers to do further education."

Progressive Conservative interim leader Ric McIver said the amendments show the government didn't properly consult farmers and they should abandon the legislation.

TRANSIT

City spotlight on bus routes



Braeden Jones
Metro | Edmonton

The city looking at its bus routes closer than it usually does during this year's annual system performance review.

"This is a review we do every year... this year is we are looking at it a little deeper with service allocations than we have in past years," said Bill Sabey, director of service development for Edmonton Transit.

Sabey said the review normally flags ridership highs and

lows but, in an effort to increase ridership, the city will be more aggressive with changes coming out of those findings.

Ridership thresholds indicate there should be 30 boardings per hour during peak service, and at least 15 per hour during normal times.

MASKWACIS

Dead woman ID'd

Mounties are investigating the death of a woman who was found injured on a gravel road near an Alberta reserve.

Christy Ramone Crane was discovered Sunday on the rural road near the Samson Cree Nation, south of Edmonton.

The 25-year-old, who was

from the nearby community of Maskwacis, had suffered serious injuries.

She was taken to hospital, where she later died.

RCMP say they don't know if her death is criminal and are asking the public for information. THE CANADIAN PRESS

City residents have their say

INFILL

Council hears Edmontonians don't want skinny homes



Ryan Tumilty
Metro | Edmonton

Infill will continue to be the city's mantra in all neighbourhoods despite pushback from residents who want to see certain communities exempted.

City councillors heard updates Monday on the city's ongoing consultation efforts on the mature neighbourhood overlay, a planning document meant to preserve the "character" of established communities.

Several told councillors the push for new residential developments in established, mature neighbourhoods is shrinking lot sizes

hurting that character.

Darren Jackinsky, from Westbrook, is concerned about infill projects in his neighbourhood and said while new residential developments are a laudable goal, not all neighbourhoods need them.

"There are neighbourhoods that you can drive by and see that they are older and in need," he said.

Jackinsky said he and his neighbours picked where they live specifically for its character, just like some people choose to live downtown or in the suburbs.

"We are eliminating some of those choices by taking apart those neighbourhoods," he told councillors.

Coun. Scott McKeen said infill is important for the entire city and doesn't want to engage in excluding some

neighbourhoods. "It's difficult for us to say that some neighbourhoods should be exempt," he said.

"It's difficult for us to justify that to the rest of the community."

Kirkland Homes president Matthew Kaprowy, who develops infill properties, said he understands people's concerns but a lot of the city has homes that are past the point of renovating.

"People are always hesitant about change, but the reality is that something needs to be done," he said.

He added to McKeen's comments and said the city has to keep a level playing field.

"I don't think it's fair for any one subdivision or neighbourhood to say that we don't want infill," said Kaprowy.

“It's difficult for us to say that some neighbourhoods should be exempt.”

Coun. Scott McKeen



Matthew Kaprowy, president of Kirkland Homes, a developer of so-called 'skinny homes' in Edmonton, puts the finishing touches on a new home in Ritchie Monday. TIM QUERENGESSER/METRO



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TRIBUTE

Hip hop and dancing featured in the life of homicide victim



Andrea Ross
Metro | Edmonton

His first passion was breakdancing. Later on, it was hip-hop music. Throughout it all, Alex Contois' friends and family took priority.

Henry Herman will remember his friend through his music, and as one of the most charismatic dancers in the city's hip-hop scene.

"He was the best head spinner in all of Edmonton," Herman said, in a private Facebook message. "He would 'battle' on the dance floor in some clubs we'd go to. Didn't really boast because he didn't need to.

"He truly was a gift to have in your life. Everybody only has good things to say about a person when they die ... But even if he was still with us today, I believe there still would be only good things mentioned about him."

Alex Leonard Greg Contois, 31, died of gunshot wounds after being found in an alley behind Duster's Pub in north Edmonton on Dec. 3. Police say they don't have a suspect in custody, but homicide detec-

tives continue to investigate.

Herman said Contois loved to joke, was always smiling and had a positive attitude.

The two met when they started a hip-hop group called The Young Native Crew when they were around 17 years old and living in Janvier, near Fort McMurray.

Herman said he grew apart from Contois as the years went by, but kept in contact with

their mutual friends on Facebook. Writing music lyrics — as they used to do together — is helping him grieve, he said.

"Taken away at such an early stage, Brother Alex, remembered in so many ways," Herman wrote on Facebook. "In god's book of life, he was a highlight

on every page. You were a solid Bro, a good friend.

"We will miss you until we meet again."

“He truly was a gift to have in your life.”
Henry Herman



Alex Contois, 31, is remembered by his friends as a great hip-hop dancer who loved music. SUPPLIED/FACEBOOK



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In spite of the sign, no construction is happening at Jasper Avenue and 95 Street. ALEX BOYD/METRO

Developer bails on Corner Towers

PLANNING

City confirms 28-storey condo project won't proceed

Alex Boyd
Metro | Edmonton

The giant hole at the corner of Jasper Avenue and 95 Street isn't going away anytime soon.

For more than a year, the site has been the planned home of the 28-storey Corners Tower 1, to be built by Edmonton-based BCM Development. But while signs reading 'Under Construction' remain up, the city has confirmed the project won't

be going ahead.

"The developer decided not to develop on the property," said Mary Ann Debrinski, Edmonton's director of urban renewal.

Representatives for BCM could not be reached for comment.

The project was to include 283 residential units, as well as retail space at street level, and play a part in the revitalization of The Quarters, a district on the eastern edge of downtown that's one of the city's oldest.

Development of the site was initially delayed because of contamination from a former gas station.

Then, the condo project made headlines when old coal mines were discovered in the area after a geotechnical an-

alysis. Local historians say the Boyle Street area was once surrounded by coal mining sites, and cave-ins of the mines and subsequent damage to nearby structures are part of Edmonton's history.

Debrinski couldn't comment if the mines played a role in the collapse of the Corners Tower deal, but said the coal mines won't hinder future plans.

"Our understanding is that [the coal mines] will not impact future development on the site," she said.

She also said the city is already getting interest in the location.

"We are working as hard as we can to have a new development started on that site as soon as possible," she said. "And we are looking at all of our options."

TRUCKING

Anti-theft tip line expanded

The insurance and trucking industries are expanding a program to Western Canada in the hope of putting the brakes on truck cargo theft.

The Insurance Bureau of Canada estimates that the theft of transport trucks and merchandise costs the Canadian economy about \$5 billion each year.

Thieves steal entire shipments of goods such as consumer electronics or beer, then quickly sell the items on the black market — sometimes before the theft is even reported.

"It can cost the economy billions of dollars per year," the insurance bureau said Monday.

"Also, it is often linked to organized crime."

Bureau spokeswoman Celyeste Power said criminal groups will place a call for a specific item and thieves will look for a truck carrying that cargo. Once a truck with the desired goods is found, thieves wait until it parks, break into it and load the stolen goods into other vehicles.

Power said in one case robbers stole a whole truckload of Alexander Keith's beer in Nova Scotia — the suds ended up in Alberta.

To reduce such thefts, the insurance bureau has a phone and Internet tipline that allows people to anonymously report

cargo crimes. The information is compiled in a database that can be accessed by police, insurers and trucking companies.

The program has been working well in Ontario for a few years and was expanded to Atlantic Canada last summer, Power said.

It's being rolled out in Western Canada this week.

"If something is stolen in one jurisdiction, it is put into the program and it is beamed straight across the country, and now in Western Canada," she said. "If it comes up in their jurisdiction, they can find the rightful owners and get it back to them."

THE CANADIAN PRESS

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HEALTH

Last-minute appeal gives reprieve to baby on life support



Jeremy Simes
For Metro | Calgary

Though it's not exactly what they hoped for, both Will Mammo and Anna Motsyk are thankful their daughter Hermella will be able to stay on life support for just a bit longer.

The decision came down late Monday afternoon, as Assistant Chief Justice John Rooke granted a temporary injection on Hermella's file, adjourning the case until Jan. 4 at 9 a.m.

"We're very grateful for what had happened in court today," Mammo said, as tears welled in his eyes.

"It's so emotional. We're just so happy," Motsyk added. "She will recover."

Eight-month-old Hermella would have been taken off life support come Thursday if the court injunction didn't pass.

Hermella, who is currently in the Alberta Children's Hospital, was diagnosed at two months old as the youngest

ever documented patient with an adrenal cortical tumour, an extremely rare form of cancer.

After successful treatment of the tumour in Toronto, Hermella experienced a setback when she was diagnosed with a rare spinal cord and brain stem virus and pronounced brain dead.

In what seemed to be a

last-minute plea for more time, Will asked Rooke to adjourn the case so the family could get a lawyer to represent them.

According to Mammo, Hermella has been improving. He said

she can open her eyes, move her feet and responds to voices.

The couple must have documents that contain information with evidence to support their claims that Hermella is, in fact, improving.

"If there's anyone out there who can provide us with legal advice on this case, we'd really, really appreciate it," Mammo said.

Hermella can't be removed from life support without her family's approval or a court order.

"If there's anyone out there who can provide us with legal advice on this case, we'd really, really appreciate it."

Will Mammo

"It's so emotional. We're just so happy ... She will recover."

Anna Motsyk

Comic book aiming for Guinness record

FUNDRAISER

Each page of project is bigger than 32 square feet



Braeden Jones
Metro | Edmonton

When the Royal Alberta Museum invited Happy Harbor Comics to participate in bidding farewell to its Glenora location this weekend, Jay Bardyla decided to do something big.

"I've always wanted to make the world's biggest comic book," Bardyla, Happy Harbor's co-owner said.

That's exactly what he and a team of creative Edmontonians did, all during the 48-hour moving party at the museum.

Bardyla spent weeks organizing and planning for the comic book, sourcing the enormous paper he would need and delegating duties for the big day.

The museum had to be included in some way, and several donors bought a character in the story, but the rest happened organically during the party.

When the time came, the Happy Harbor team worked on the top floor of the museum and filled seven pages — each



One of Happy Harbor's artists works on a giant page in the dying hours of the big comic production process. BRAEDEN JONES/METRO

five feet tall and 6-1/2 feet wide — with art and a story.

"The logistical problem is you put out a sheet of paper but can only work on one side at a time, and of course you don't work in order, because Page 1 folds against 24," Bardyla said.

"As the writers work on the script, they have to produce it in order."

Bardyla said it was important for him the product be folded and stapled like a real comic, meaning each sheet

becomes four pages in the 24-page book.

He's submitted the feat to Guinness to see if it's a world record, but had a few other motivations for the project.

"I've always wanted to make the world's biggest comic book."

Jay Bardyla

"For one, we were invited to do something for the museum, but also we do things to give back to the community," he said.

People were able to donate during the production, which, combined with character sponsors to raise more than \$2,500 for the Edmonton Public School Foundation.

Re-print plans haven't been finalized, but the giant book will be gifted to the foundation to be auctioned off and raise even more next year.



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66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping \$5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good



Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

deals in U.S. property?" The answer is an emphatic YES.

Real estate investors on the Turnkey Trainings team know the right way to buy property. No matter what the economy is doing. Using their proprietary techniques, you too can find screaming bargains in the U.S.

They will reveal these breakthrough strategies at the FREE events in the Edmonton area. When you attend you'll see many successful current and former and students who made a bundle in U.S. real estate.

The Vancouver couple pictured here, were able to buy an entire trailer park in Florida for half off. Their investment brings them a 23% net annual return on their money. Would you like these types of returns?

Another Canadian couple found and flipped a property in 2 weeks to pocket a cool \$40,000! Imagine if you could do that just a couple of times a year.

You can if you gain the knowledge. You will after attending this FREE educational event where you will find out;

- Super simple method for getting sellers to chase you. The sellers of the trailer park mentioned above emailed and texted the buyers over 100 times! Hear the secret strategy to make sellers want to deal with you!

- How to get funding for your deals, so you never have to tie up your own money or use your credit! We'll give you a free funding certificate just for attending!
- How to beat the house flipping wizards by becoming a wholesaler to hedge funds
- New zero money down strategies! News to you no matter how many real estate seminars you may have attended!
- How to close property deals over the phone in 9 minutes or less

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They've earned investors healthy returns, often in as little as 7 days...

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After attending the FREE workshop this couple bought an 13 unit trailer park in Florida for 50% off!



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CALGARY

SATURDAY DECEMBER 12
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TURNKEY TRAININGS

Liberals to get started on inquiry

INDIGENOUS WOMEN

Missing, murdered number more than 1,200

The Liberal government will begin laying the groundwork for a national inquiry into missing and murdered indigenous girls by announcing details of a consultation process Tuesday afternoon.

Indigenous and Northern Affairs Minister Carolyn Bennett, Justice Minister Jody Wilson-Raybould and Status of Women Minister Patricia Hajdu, the three cabinet ministers charged with setting up the inquiry, will reveal the de-



Minister of Indigenous and Northern Affairs Carolyn Bennett. THE CANADIAN PRESS FILE

tails in the foyer of the House of Commons 12:30 p.m. Tuesday.

Prime Minister Justin Trudeau promised during the election campaign to devote \$40 million over two years

to a national inquiry into the First Nations, Métis and Inuit women and girls who have been murdered or gone missing in Canada.

They number more than 1,200.

A Toronto Star analysis published last week suggests nearly half of those killed did not know, or barely knew, the perpetrators.

This contrasts with the perception left by politicians and the RCMP.

The three cabinet ministers will now begin consulting with aboriginal organizations, legal experts and other stakeholders, especially the families of victims, to establish the mandate and terms of reference of the inquiry.

Bennett has said a proper consultation process before the inquiry starts will be central to the success of a national inquiry of this kind and that families of victims must be involved in a meaningful way.

TORSTAR NEWS SERVICE

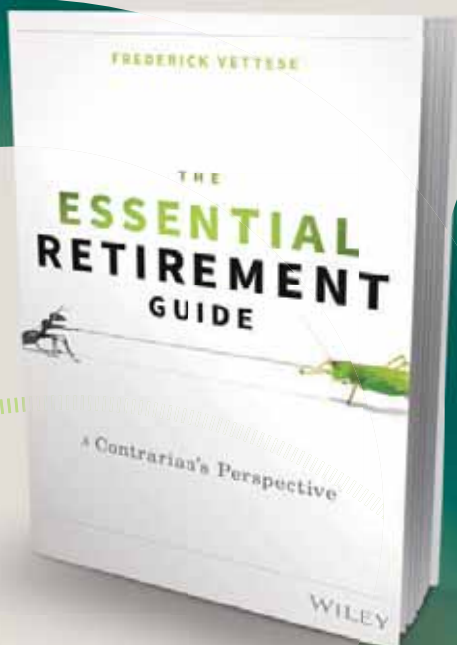
“That begins with listening to the families There is an urgency and timeline that you would like to see, but none of it will matter if we do it wrong. Carolyn Bennett



GOVERNMENT PARLIAMENT'S OPENING DEBATE SEES SPARKS FLY BETWEEN LIBERALS, CONSERVATIVES Prime Minister Justin Trudeau receives applause from the bench after speaking in the House of Commons regarding his party's throne speech, in Ottawa, on Monday. THE CANADIAN PRESS

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EXPORTS

Chinese main buyers of fur

A new analysis shows Chinese consumers with an appetite for luxury have taken over from American sport hunters as the main buyers of Canadian polar bear fur.

But the study to be presented this week at a conference in Vancouver concludes there's no reason to believe that the sale of bear hides or other parts threatens the animal's future.

"This increasing Chinese market may have stimulated some increased hunting, but really what it did is stimulate increased exporting," said Ernest Cooper, a

consultant who is to present his findings Wednesday at ArcticNet, which brings together Arctic researchers from all fields.

Canada is the only country in the world that allows commercial trade in polar bears.

Cooper, whose work has been sent to all governments that manage polar bears, found the number of hides exported by Canada has been gradually rising to 400 in 2013 from 266 in 2005 — although 2014 saw a sharp drop.

The main market for the hides used to be American sport hunters returning home with their

TRADE

Canada is the only country in the world that allows commercial trade in polar bears.

trophies. But after the United States made importing the hides illegal, the trade shifted to China.

The Asian country bought 12 hides in 2005, but accounted for 42 per cent of all hides exported from Canada between 2010 and 2014. THE CANADIAN PRESS

GOLDEN PALACE

Egg rolls to travel the country



Haley Ritchie
Metro | Ottawa

They just can't get enough of Ottawa's egg rolls.

Canadians across the country will now be able to order Golden Palace egg rolls after the restaurant announced Monday it is partnering with Shopify and FedEx.

Ironically, the restaurant doesn't do local delivery for takeout, but you can now log

on to their new website and have a box of egg rolls shipped anywhere in the country within 24 hours.

"This idea has been on our radar since I took over the restaurant five years ago," said Bill Kwong, the third-generation owner of the restaurant. "I'm now the owner and a bit more tech savvy and it's been on the radar since then."

Golden Palace will turn 56 this year and its "famous egg rolls" have been doing a lot of travelling lately.



En Ning, a cook at the Golden Palace, displays freshly deep-fried egg rolls.

LUCY SCHOLEY/METRO



Pictures of Wednesday's shooting victims are displayed at a makeshift memorial site Monday in San Bernardino, Calif.

THE ASSOCIATED PRESS

Shooter did not get Qur'an

AL HUDA INSTITUTE CANADA

Canadian branch says it doesn't teach extremism

The Canadian branch of an Islamic foundation distanced itself Monday from the woman who carried out last week's mass shooting in California following reports she had attended one of the group's schools in Pakistan.

The Al Huda Institute Canada condemned the attack by Tashfeen Malik and her husband — which left 14 people dead and 21 wounded — and expressed concerns about a possible backlash against the foundation, which has been criticized for teaching a particularly conservative strain of Islam.

"Religious conservatism is one thing. You have people who are conservative in all faiths," said Imran Haq, the institute's operations manager. "Extremism is something completely separate and there is absolutely no strain of that here."

The women-only institute, located in Mississauga, Ont., was founded in 2005 by Farhat Hashmi, a Pakistani scholar who lived in Canada at one point but hasn't resided in the country "for

many years," Haq said.

It is among a number of branches across Pakistan, the U.S. and the U.K. which all teach ideology and principles she has promoted.

The Al Huda institutes have come under the spotlight after it emerged that Malik attended a branch in the Pakistani central city of Multan.

The region where the school is located is home to thousands of extremist seminaries, with hundreds of them linked to al-Qaida and the Pakistani Taliban.

Malik spent more than a year at Al Huda, taking classes six days a week, but didn't finish a two-year course to study the Qur'an, its translation and interpretation, the Pakistani school's spokeswoman Farrukh Chaudhry said.

"I have talked to her teachers, her classmates and everybody says she was a hardworking, friendly, helpful and obedient student," Chaudhry said, adding that "no one ever noticed any signs of radicalization."

In a statement issued Monday, the Al Huda International Welfare Foundation said it seemed Malik was "unable to understand the beautiful message of the Qur'an."



"We cannot be held responsible for personal acts of any of our students ... The organization stands to promote the peaceful message of Islam and denounce extremism, violence and acts of terrorism. Foundation's online statement

ENVIRONMENT

Canada ups climate ambition in Paris

The federal government hasn't yet delivered a plan for reducing the country's overall emissions of greenhouse gases, but the Liberals are already supporting a more ambitious climate agenda at the Paris conference.

Opposition critics reacted with scorn Monday to word that Catherine McKenna, the Liberal minister of environment and climate change, has endorsed a global goal of keeping rising average temperatures to within 1.5 de-

grees C of pre-industrial levels, rather than the 2 C threshold that's been the working target promoted by the scientific community for years.

At a closed plenary session on the weekend at the COP21 climate negotiations, McKenna was quoted saying that on "the question for framing the temperature goal, we support reference to striving for 1.5 as other countries have said."

The current emission cut



If we want to achieve this temperature goal, everyone needs to be part of this. We need maximum participation where everyone puts their best efforts forward. Catherine McKenna

pledges put forward by more than 180 countries at COP21 — assuming they're all completely honoured — are still projected to allow the planet to warm by

at least 2.7 degrees C. That's an improvement on the 3.6-degree increase that is projected without the latest promised cuts to greenhouse gases. THE CANADIAN PRESS

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Employees return to work, mourn 14 dead

MASS SHOOTING

San Bernardino reels as details emerge about radical shooters

Thousands of employees of San Bernardino County began returning to work Monday, five days after a county restaurant inspector and his wife opened fire on a gathering of his co-workers.

The reopening of much of the government's offices signals an effort to return to normalcy for a community that has been in shock and mourning since Wednesday's attack killed 14 people and injured 21.

"To honour them, to express our gratitude for their unimaginable sacrifice, we have to fight to maintain that ordinary," San Bernardino County Supervisor Janice Rutherford said Monday of the victims.

"We can't be afraid of our lives, of our community, of our neighbours, of our co-workers."

The Board of Supervisors said at a news conference that all facilities have increased security, including armed sheriff's patrols, and officials were considering additional permanent safeguards.

Counseling centres and a hotline were open, and managers were urged to look for signs of distress in their employees.

Public Health Director Trudy

"To honour them, to express our gratitude for their unimaginable sacrifice, we have to fight to maintain that ordinary."

County Supervisor Janice Rutherford



Gary Mendoza, and his son Michael pay their respects at a makeshift memorial site honoring Wednesday's shooting victims Monday, in San Bernardino, Calif. JAE C. HONG/THE ASSOCIATED PRESS

Raymundo, who attended the holiday luncheon where Tashfeen Malik and Syed Farook opened fire, thanked law enforcement who guided workers to safety and shielded them from harm.

She also expressed gratitude

for the outpouring of support worldwide. Investigators were looking into what led Malik, 29, and Farook, 28, to attack Farook's co-workers. The couple later died in a furious shootout with police.

The couple had been radicalized and had taken target practice at area gun ranges, in one case within days of the attack that killed 14 people, the FBI said Monday.

In a chilling twist, authorities disclosed that a year before the rampage, Syed Farook's co-

workers at the county health department underwent "active-shooter" training in the very conference room where he and his wife opened fire on them last Wednesday.

"We believe both were radicalized and had been for some time," said David Bowdich, assistant director of the FBI's Los Angeles office.

But he said investigators are still trying to establish precisely when, where and by whom they were influenced.

THE ASSOCIATED PRESS

POLLUTION

Beijing schools close in first smog red alert

1.4M

A study led by atmospheric chemist Jos Lelieveld of Germany's Max Planck Institute and published this year in *Nature* magazine estimated that 1.4 million people each year die prematurely because of pollution in China.

Beijing issued its first-ever red alert for smog on Monday, urging schools to close and invoking restrictions on factories and traffic that will keep half of the city's vehicles off the roads.

The red alert - the most serious warning on a four-tier system adopted a little over two years ago - means authorities have forecast more than three consecutive days of severe smog.

An online notice from the Beijing Municipal Environmental Protection Bureau said it issued the alert to "protect public health and reduce levels of heavy air pollution."

Beijing hotel staffer Fan Jinglong said the smog forecast was "really worrisome."

"We have no choice but to step up preventative measures like wearing a mask outdoors at all times," he said.

Readings of PM2.5 particles climbed toward 300 micrograms per cubic meter on Monday and are expected to continue rising before the air begins to improve with the arrival of a cold front on Thursday. The World Health Organization designates the safe level for the tiny, poisonous particles at 25.

Along with limiting cars to driving every other day depending on the last number

“

It is a sharp warning to us that we may have too much development at the price of (the) environment.

Fan Jinglong

Schools were advised to close, but some were choosing to stay open if they felt they had adequate air filtration systems.

It's the second time this month that notoriously polluted Beijing has experienced a prolonged bout

of smog, sending PM2.5 levels in the suburbs as high as 976 micrograms.

Beijing was also shrouded in persistent smog for most of November, when power demand soared due to unusually cold weather.

THE ASSOCIATED PRESS



Visitors, some wearing masks to protect themselves from pollutants, take a selfie at the Jingshan Park on a polluted day in Beijing. ANDY WONG/THE ASSOCIATED PRESS.

LONDON STABBING

U.K. Muslims adopt viral slogan

It's become the rallying cry of many who want the Muslim faith to be separated from the violence some commit in its name: "You ain't no Muslim, bruv."

The comment, heard in the background of a bystander's video following a stabbing at a London Underground station that prosecutors say was a terrorist act, has touched a nerve in Britain and become a trending hashtag on Twitter. Even Prime Minister David Cameron embraced it as a slogan.

"Some of us have dedicated

“

'You ain't no Muslim, bruv' said it all much better than I ever could.

Prime Minister
David Cameron

speeches and media appearances and sound bites and everything to this subject," Cameron said Monday. "But 'You ain't no Muslim, bruv' said it all much better

than I ever could. And thank you, because that will be applauded around the country."

The remark came Saturday night after a man with a knife attacked two commuters in east London, reportedly shouting "This is for Syria." As the man was wrestled to the ground by police, who first used a stun gun to subdue him, a bystander shouted at the suspect: "You ain't no Muslim, bruv." The speaker, whose identity is not known, used the slang term bruv, for brother.

THE ASSOCIATED PRESS

IN BRIEF

France's National Party sweeps regional elections

France's far-right, anti-establishment National Front has ridden a wave of anger over migration and extremist attacks into the political mainstream. THE ASSOCIATED PRESS

Chicago PD probe launched

The Justice Department will investigate patterns of racial disparity in the use of force by Chicago police officers as part of a wide-ranging probe that could lead to calls for sweeping changes, the U.S. attorney general announced Monday.

THE ASSOCIATED PRESS



BRITAIN STORM LEAVES DISASTER IN ITS WAKE A man stands in the doorway of a flooded house in Carlisle, northern England, on Sunday. Another man was killed as Storm Desmond whipped across Britain, bringing heavy rain, strong winds and flooding to parts of the country. The military has been called in, and has been helping evacuate people from their homes. Some 55,000 people were left without power, 40 schools were closed Monday and a main rail line between England and Scotland is likely to remain shut until at least Wednesday.

PHOTO: PAUL ELLIS/AFP/GETTY IMAGES; TEXT: AFP/GETTY IMAGES/THE CANADIAN PRESS

Millions from U.S.

ISRAEL

Donors fund West Bank settlements: Investigation

Private American donors have pumped more than \$220 million into Jewish West Bank settlements in recent years through tax-deductible donations, effectively subsidizing a policy opposed by U.S. administrations for decades, according to an investigation published in an Israeli newspaper on Monday.

The Haaretz daily found some 50 non-profit organizations from across the U.S. were raising funds for settlements in the West Bank, an area the Palestinians want as part of a future state, along with east Jerusalem and the Gaza Strip. Israel captured all three areas in the 1967 Mideast war.

The newspaper said the money's tax-deductible status means the U.S. government "is incentivizing and indirectly supporting the Israeli settlement movement," even though Washington opposes settlement construction and views it as an obstacle to peace with the Palestinians.

The Haaretz investigation found some of the money sent by American donors has gone toward providing legal aid to extremist Jews through an Israeli group called Honenu.

The report also said some of the money was spent on paying the salary of settler leader Menachem Livni, an Israeli jailed in connection with his activities in a radical Jewish group that carried out attacks against Palestinians in the 1980s. The money has otherwise gone to acquiring buildings in the West Bank and east Jerusalem and improving the living conditions of Jewish settlers, the report said. THE ASSOCIATED PRESS

IN BRIEF

Venezuelan opposition wins Congress

Venezuela's opposition is now waiting for the final legislative elections tally to see if it secured a two-thirds super-majority that could dramatically wrest power from President Nicolas Maduro after 17 years of socialist rule.

The Democratic Unity opposition alliance won at least 99 seats in the incoming 167-seat legislature. It needs 13 of the 22 undecided races to give it the super-majority needed to initiate a referendum to revoke Maduro's mandate. THE ASSOCIATED PRESS

Germany registers 965,000 asylum-seekers

The number of people registered as asylum-seekers in Germany this year hit 965,000 by the end of November, well above a forecast for the whole year. THE ASSOCIATED PRESS

UN agencies, partners to seek more than \$20B

Top UN agencies and their partners in 2016 will seek more than \$20 billion in funding — the largest humanitarian appeal ever. THE ASSOCIATED PRESS



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NIGERIA

Orphans of Boko Haram horrors appeal to Miliband

A bunch of refugee kids singing "ABC" brought former U.K. Foreign Secretary David Miliband to his knees Monday in the heart of Nigeria's war zone.

Miliband, president of the New York-based International Rescue Committee, dropped to kneel then sat back to make eye contact with scores of delighted children in a refugee camp in Maiduguri, the northeastern city that has 1 million residents and 2 million refugees, half of them children.

On a tour of camps, Miliband told The Associated Press he was saddened that so many children have been orphaned by the 6-year Islamic uprising that has killed 20,000.

Maiduguri is the birthplace of the Islamic extremist group Boko Haram and has been attacked many times. A girl suicide bomber blew herself up at a military checkpoint two weeks ago, killing seven people.

Last week, the military said it arrested an 11-year-old boy trained as a suicide bomber and infiltrated into a Maiduguri camp to attack refugees. It said Boko Haram has infiltrated some camps since troops have destroyed dozens of insurgent strongholds and freed hundreds of captives.

Nigeria's military Sunday said the air force and ground

troops are striking Boko Haram camps deep in the northeastern Sambisa Forest, an extremist holdout.

"It's important for us to be in the places which make the headlines, but also important to be in the places that don't," said Miliband,

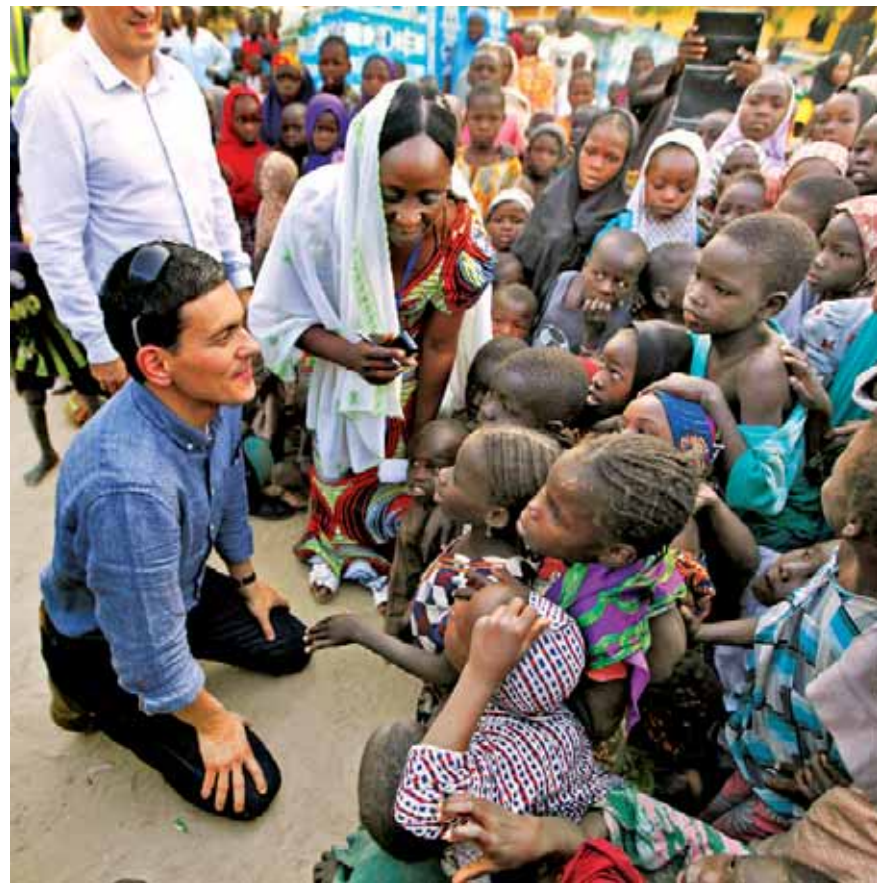
The 50-year-old is the older brother of former leader of the British Labour party, Ed Miliband, and has been rumoured to be likely to make a return to front-line politics in the future.

At the makeshift camp Monday, set up at a youth corps training centre, refugees have built round shelters from grass and plastic sheets, trying to recreate some semblance of their huts back home.

Miliband asked one young boy what he wished for: "I want to go back home," the child answered, "Help us to get back to our home."

Refugees told Miliband they want to go home, but only when it is safe.

THE ASSOCIATED PRESS



Former U.K. Foreign Secretary David Miliband, centre, kneels as he listens to children singing "ABC," in a camp in Maiduguri, Nigeria, Monday. SUNDAY ALAMBA/THE ASSOCIATED PRESS

182M

Nigeria is the seventh most populous country in the world with 182 million people. The six-year uprising has killed more than 20,000 citizens.

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Trump: Ban all Muslims

USA

Rivals tear into controversial plan, labelling him 'unhinged'

Republican presidential candidate Donald Trump called Monday for a "total and complete shutdown of Muslims entering the United States," an idea that prompted one of his rivals to call him "unhinged."

The proposed ban would apply to immigrants and visitors alike, a sweeping prohibition affecting all adherents of Islam who want to come to the U.S. The idea also raised immediate questions about whether it could pass muster under constitutional protections of free exercise of religion.

Trump's campaign said in that such a ban should stand "until our country's representatives can figure out what is going on." The statement added that the proposal comes in response to a level of hatred among "large segments of the Muslim population" toward Americans.



Republican presidential candidate Donald Trump speaks at the Republican Jewish Coalition Presidential Forum in Washington Dec. 3. THE ASSOCIATED PRESS FILE

"Until we are able to determine and understand this problem, our country cannot be the victims of horrendous attacks," Trump said in the statement.

He added on Twitter: "Just put out a very important policy statement on the extraordinary influx of hatred & danger coming into our country. We must be vigilant!"

Trump's campaign has been

marked by a pattern of inflammatory statements and he kicked off his campaign with



We can't be victims of horrendous attacks.

Donald Trump

a speech in which he said some Mexican immigrants are rapists and criminals. But so far those errors of fact have not diminished his popularity among many Republican voters.

However, several of Trump's Republican rivals were quick to reject the latest provocation from a candidate who has delivered no shortage of them.

"Donald Trump is un-

hinged," Jeb Bush said via Twitter. "His 'policy' proposals are not serious." Carly Fiorina said, "Trump's overreaction is as dangerous as President Obama's under-reaction."

Trump campaign manager Corey Lewandowski said Trump's proposed ban would apply to "everybody," including Muslims seeking immigration visas as well as tourists seeking to enter the country.

He did not respond to questions about whether it would also include Muslims who are U.S. citizens and travel outside of the country, or how a determination of someone's religion might be made by customs and border officials. There are, for example, more than 5,800 servicemen and women on active U.S. military duty and in the reserves who self-identify as Muslim and could be assigned to serve overseas.

Ari Fleischer, a former aide to Republican President George W. Bush, tweeted, "Under Trump, the King Abdullah of Jordan, who is fighting ISIS, won't be allowed in the US to talk about how to fight ISIS."

THE ASSOCIATED PRESS

IN BRIEF

UN chief says more needs to be done in Burundi

The United Nations' assistant Secretary-General for Human Rights Ivan Simonovic says regional and international action in Burundi at the moment isn't sufficient to address the threat of escalating human rights violations and potential mass atrocities. THE ASSOCIATED PRESS

Haiti's disputed leader takes aim at critics

The banana exporter who is the leading candidate in the disputed first round of Haiti's presidential vote said Monday that critics aren't providing evidence to back up their allegations of "massive fraud." An electoral council says Jovenel Moise received 33 per cent of the Oct. 25 vote. THE ASSOCIATED PRESS

Drought threatens up to 10 million in Ethiopia

The Ethiopian government says more than 10 million people including nearly 6 million children will need emergency food by January because of a crippling drought. THE ASSOCIATED PRESS

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CBC hoping for a better year ahead

MEDIA

Scandals, steep budget cuts in 2015 took toll on broadcaster

It's been a heck of a year for the CBC — a scathing report denounced managers for their handling of the Jian Ghomeshi affair while former anchors Amanda Lang and Evan Solomon faced controversies of their own.

All the while, the CBC continued to grapple with steep budget cuts that slashed news broadcasts, gutted sports and documentary divisions and put for sale signs in front of aging facilities.

But with a more CBC-friendly Liberal government now holding the purse strings, could things finally be looking up for the beleaguered public broadcaster?

Many observers seem to think so.

"The people that are the custodians of this publicly owned institution no longer seem to hate it," said former Fifth Estate host Linden MacIntyre, who retired from the CBC in 2014 amid a round of cuts.

"In the same way that the darkness seeped into the institution during the (former prime minister Stephen) Harper era, the light is now going to seep through. And it does have a warming and enlightening effect."



The CBC building in Toronto. With a more CBC-friendly Liberal government now holding the purse strings, things could finally be looking up for the public broadcaster. THE CANADIAN PRESS FILE



Jian Ghomeshi, fired in 2014, will face trial starting Feb. 1 next year. THE CANADIAN PRESS

Newly minted Prime Minister Justin Trudeau has promised to restore \$150 million in annual funding that was cut from CBC/Radio-Canada during the Harper years.

Years of budget and staff

cuts have taken a toll on employees, said MacIntyre, who pointed to "an ever-increasing morale problem."

A series of embarrassing scandals haven't helped, with Lang's final year tainted by allegations of impropriety concerning her ties to a Royal Bank of Canada board member.

Ian Morrison, a spokesman for the pro-CBC group Friends of Canadian Broadcasting, however questioned whether the extra \$150 million in annual funding would be enough to turn things around.

And MacIntyre said he'd want to know what CBC would do with the funds, noting that the board of directors is still "stacked" with Harper appointees.

THE CANADIAN PRESS

INTERNET

Videos hog 70% of online traffic

Streaming has taken over the Internet and now accounts for more than 70 per cent of North American downloads at peak times, up from less than 35 per cent in 2010, according to a report from broadband services company Sandvine.

Netflix makes up a huge part of Internet downloads, the company said, with the streaming service accounting for 37.1 per cent of all downstream traffic in North America during September and October.

YouTube accounted for the second-largest share of download traffic, at 17.9 per cent, followed by regular Internet browsing at 6.1 per cent.

As streaming sites have risen in popularity, the BitTorrent file-sharing service — which some blame for the proliferation of pirated content online — has declined in its share of overall Internet traffic. The file-sharing service now accounts for less than five per cent of total traffic, down from 31 per cent in 2008.

THE CANADIAN PRESS

37.1%

The percentage of downstream traffic accounted for by Netflix users in North America during September and October.

IN BRIEF

Canada wins meat dispute

Canada's beef and pork sectors are welcoming a World Trade Organization ruling that allows Canada and Mexico to impose \$1 billion in annual tariffs on U.S. products.

THE CANADIAN PRESS

Provinces sign pact

Manitoba has signed an agreement with Ontario and Quebec to link their cap-and-trade systems at the climate change conference in Paris.

THE CANADIAN PRESS

Oil drags down loonie

The loonie fell to levels not seen since June 2004 and the TSX dropped more than 300 points as crude oil prices plunged.

THE CANADIAN PRESS

COFFEE

Keurig being sold for \$14B

The battle over the world's coffee drinkers is getting hotter.

Keurig, the maker of single-cup coffee machines sitting on millions of kitchen counters, agreed to sell itself Monday for almost \$14 billion US to JAB Holding Co., a private company with a growing java business.

Fans of Keurig may not see much of a difference in their caffeine fix. JAB Holding said Keurig will operate independently and remain in its headquarters in Vermont.

The Keurig deal will boost JAB Holding's already robust coffee empire. The Luxembourg-based company has a controlling stake in Jacobs Douwe Egberts, the company behind Gevalia, Tassimo and many other brands.

Buying Keurig will get JAB



Sales of Keurig machines and K-cups have been slowing.

THE ASSOCIATED PRESS FILE

Holding closer to coffee market leader Nestle, said Stifel analyst Mark Astrachan, in a note to clients. He also said that JAB Holding may try to sell more Keurig brewing ma-

chines internationally.

The deal comes as Keurig has reported slowing sales of its machines and K-cups, the coffee-filled pods that are used in Keurig's machines. Sales of K-cups, which accounted for more than 80 per cent of Keurig's revenue, rose 1 per cent to \$3.6 billion US in the year ending Sept. 26. Sales of its machines fell 23 per cent to \$632.6 million US in the same period.

But JAB Holding sees value in Keurig: It offered \$92 US for each share of Keurig, a 78 per cent premium from the stock's closing price of \$51.70 US on Friday. The deal jolted shares of Keurig Green Mountain Inc. up more than 73 per cent in trading Monday.

THE ASSOCIATED PRESS

EMMA TEITEL: ON SEASONAL SOFT-PEDALLING

Enough with the Happy Holidays, already. We all know what that phrase means. So own it.

Merry Christmas or Happy Holidays? Which season's greeting — the Christian or the non-denominational — should you use in polite conversation with strangers at the mall or acquaintances at the office?

Conventional liberal wisdom tells us that Happy Holidays is the correct greeting, as not everyone celebrates Christmas, and assuming they do is presumptuous and anti-pluralist. Conventional conservative wisdom, meanwhile, dictates the opposite: there is no harm in wishing a stranger Merry Christmas, because most people in North America are Christians anyway, so your chances of offending somebody are fairly slim (And besides, people are just too sensitive these days.)

Some traditionalists, like U.S. presidential candidate Donald Trump, take the conservative, unapologetic Christmas stance to the extreme. When Trump discovered last month that Starbucks released a new line of plain red, holiday coffee cups devoid of the usual Christmas imagery (wreaths, reindeer etc.) the tawny Republican businessman contemplated launching a boycott of the coffee chain.

As a Jew who has never celebrated Christmas, I should probably appreciate Starbucks' new line of inclusive cups and the concerted effort



Tongue-tied at Yuletide. Ever feel like you're awash in Santas but don't want to offend anybody by saying Merry Christmas? Maybe just go with it.

BALAZS MOHAI/MTI VIA ASSOCIATED PRESS

by shopkeepers and bank tellers to say Happy Holidays instead of Merry Christmas. But every year I find myself growing increasingly uncomfortable with Happy Holidays and warming up to Merry Christmas as a catch-all greeting in public. Unlike Trump, however, my discomfort with Happy Holidays doesn't stem from the notion that the phrase is too inclusive, but rather that it isn't inclusive at all.

The truth is that there is nothing non-denominational or neutral about "Happy Holidays" when the greeting is consistently offered in a sea of red and green. When you buy a Starbucks latte in a bright red holiday cup, or are handed a candy cane by your bank teller who wishes you "Happy Holidays," you know very well the sentiment is not Happy Hanukkah or Happy Diwali, but Merry Christmas! When you go to Pier 1 and every scented candle smells like "mulled wine," "pine needles," and "peppermint crème," you

know you aren't smelling Hanukkah or Kwanza: you're smelling Christmas! "Happy Holidays" and the culture that permeates the phrase, from neutral coffee cups, to inflatable reindeer in the shopping mall (as opposed to nativity scenes) are not symbols of inclusivity, they are slightly watered down odes to Christmas; a way in which well-meaning liberal Christians and corporations can have their Christmas cake and eat it, too. If it looks like Christmas, smells like Christmas and sounds like Christmas — it's Christmas! So you might as well just come out and say it: Merry Christmas.

This doesn't mean Jews, Muslims, Hindus and other groups who don't celebrate the birth of Christ suffer a great injustice every time they go to the mall or the bank, or Pier 1 during the holidays. (As far as scented candles go, the only thing I can imagine grosser than a mulled wine candle is a candle that smells like Manischewitz.) What we

do experience, rather, is the illusion of inclusivity. Take greeting cards as a prime example. Almost every time I enter a mainstream greeting card store and ask where the Hanukkah cards are I am told the following — "We don't have any Hanukkah-specific cards, but we do have several neutral, 'Happy Holidays' cards." I am then pointed toward a stack of greeting cards that are awash in Christmas colours and decked out with snowmen, wreaths, stockings, gingerbread men — and all manner of sparkly things that are decidedly un-Kosher. "Happy Holidays" is not religion neutral; it is Christmas lite.

It is unrealistic and frankly unreasonable to expect stores to carry a wide variety of Hanukkah cards for what is a very small religious minority, just as it is unrealistic to expect businesses and community centres to adorn their walls with stars of David. But it isn't the lack of non-Christmas-themed items and decorations I take umbrage with. It's the phoney nod to religious pluralism; the belief that substituting a Christian phrase with a neutral one will neutralize the culture around it. It pains me greatly to write this, but perhaps where season greetings are concerned Donald Trump is correct.

Better a heartfelt "Merry Christmas" than a disingenuous "Happy Holidays."

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

ISIL sees itself as more than a 'death cult.' We should, too.

The municipal budget includes line items for income from stolen sheep, cows and houses. That's on top of taxes levied, according to a former resident, just about any time the authorities felt like it.

And you thought you hated the taxman.

The budget would be funny if it didn't come from ISIL. The document is one of many obtained by Aymenn al-Tamimi, a research fellow at the Middle East Forum.

It's fascinating not just for its odd list of revenues and expenditures (about half of the former from selling stolen antiquities, about half of the latter funnelled to militants) but because it was smuggled out of ISIL territory in Syria. And in the hands of the Planet Money radio program, the document becomes the backbone for a behind-the-scenes look at the idiosyncratic bureaucracy of a terrorist state.

For example, there's a minister of antiquities whose job it is to regulate the looting of ancient artifacts. Looters even need special certificates.

This is just one of the little windows we're getting into the domestic side of ISIL. The Guardian published a story yesterday revealing a leaked memo that spells out the group's vision of statehood, including the creation of government departments, a propaganda operation and a foreign-relations strategy.

In a widely circulated New

York Times article, people who've fled ISIL-controlled towns describe disarray and an authority not all that great at actually running a state. These stories are crucial to fighting terrorism. And in politics, they're being ignored.

Debates on how to defeat ISIL focus heavily on military action — from President Obama preaching resolve on national TV Sunday night to the Conservatives demanding airstrikes during the first question period Monday — and that leaves the public with a skewed view.

War only offers a destructive solution. It doesn't explain how to give stability and order to the lives of those currently paying taxes to ISIL. It doesn't refute the twisted ideology of a group purporting to be as dedicated to sustaining as it is to killing.

"Death cult" has become a fashionable phrase for ISIL that, while technically accurate, isn't exactly descriptive of a group collecting taxes, handing out salaries and drafting a municipal budget.

If we refuse to see the most complete picture we can draw of ISIL how can we beat it?

As if fulfilling the prophecy of the war rhetoric, a majority of Americans now approve sending in ground troops.

The public, in the end, deserves more nuance from politicians and the media. And so far, the media is the only one doing its job.



There is nothing non-denominational or neutral about "Happy Holidays" when the greeting is consistently offered in a sea of red and green.

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It's OK! Eat, drink and be merry

CHRISTMAS DINNER

How to join the turkey and stockings and get pleasantly stuffed

When it comes to stuffing your face, there's a time and place. That time? The holidays. That place? Probably your family dining room table.

"I couldn't care less about calories," says Shauna Lindzon, a Toronto-based registered dietitian. "When you're with your family, you're there to enjoy your family and have fun."

Instead of beating yourself up over an expanding waistline, Lindzon advocates for mindful holiday eating and shrewd plate building strategies.

"My tip is to fill up half the plate with at least two different-coloured vegetables," she says. "That provides our fibre. So that will help keep us full."

The remainder of the plate should be one-quarter protein — be it turkey, ham, salmon or a vegetarian chili — and the other quarter whole grains, such as quinoa, she says.

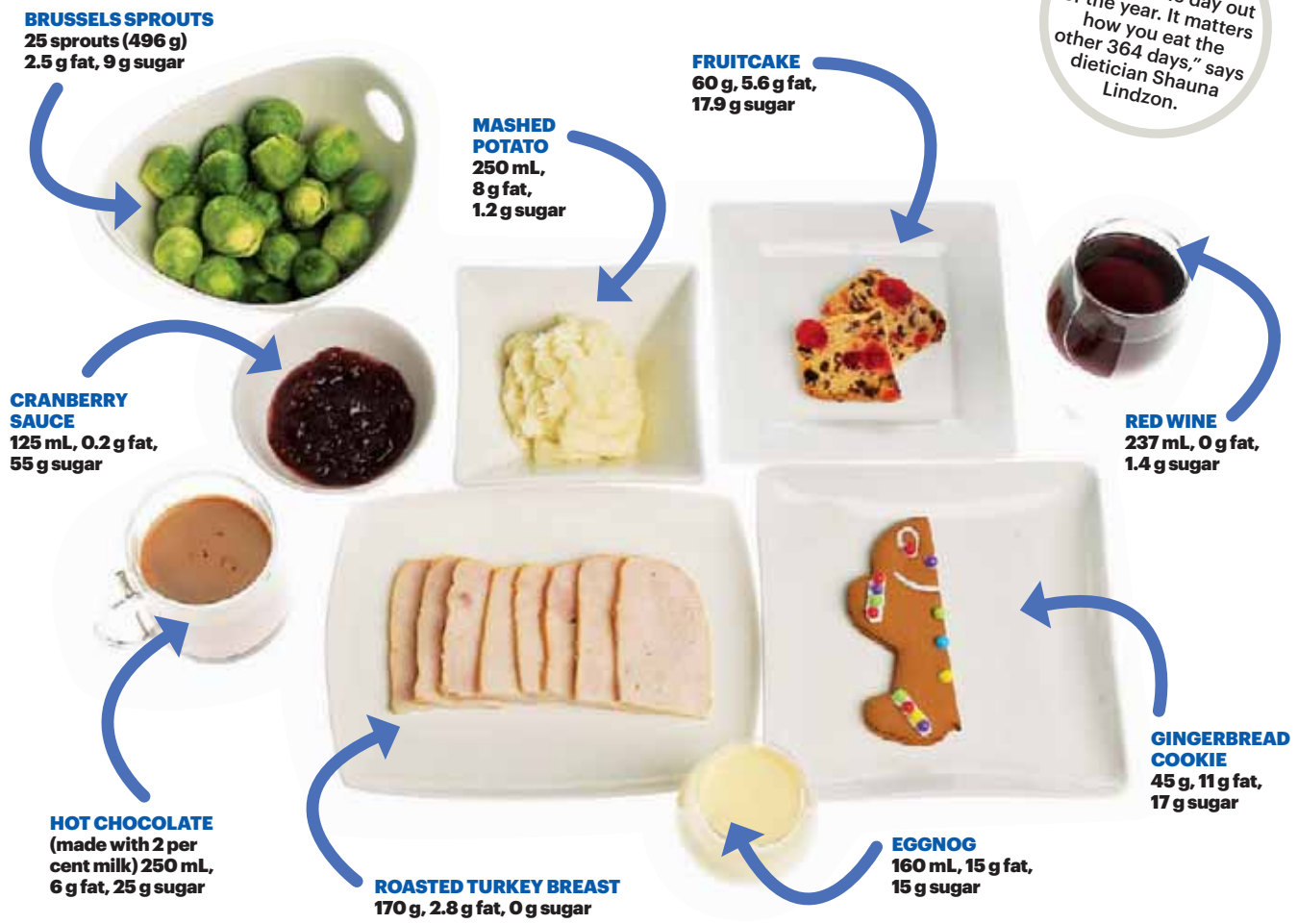
If you really want to pack in the nutrients, choose cranberry sauce over gravy and eat mashed potatoes with the skins on, if possible.

As for alcohol, Lindzon prefers people eat their calories, not drink them.

If you're going to imbibe, drink water or sparkling water between drinks — this will help keep you hydrated, hopefully softening the blow of the hangover the next day, she says. If you really want to play it safe, she recommends steering clear of alcoholic drinks mixed with pop, and choose white wine spritzers instead. Try not to have more than one drink an hour to give your liver a chance to process the alcohol. Another tip: ranking your desserts.

"If you're not so into it — if you would rate it a two or a three out of 10 — forego it," says Lindzon. If you love chocolate cake and you would rate that as your 10/10 most delicious treat, eat the whole thing." TORSTAR NEWS SERVICE

FESTIVE FOODS WHAT A 200-CALORIE SERVING LOOKS LIKE



ULTIMATELY, JUST CHILL OUT
"It's only one day out of the year. It matters how you eat the other 364 days," says dietitian Shauna Lindzon.

NUTRITIONAL INFORMATION VARIES DEPENDING ON PREPARATION

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There's no illusion when it comes to tempting fate

THE TRICK WITH THE GUN

Doc gives close-up look at a deadly sleight of hand

Richard Crouse
For Metro Canada



Scott Hammell did the unthinkable. He asked someone to load a gun, point it at him and pull the trigger. He doesn't have a death wish, he's a magician and the subject of a new documentary, *The Trick with the Gun*, that details the planning and performing of the most dangerous illusion ever devised, the Bullet Catch.

Fourteen magicians have died attempting it and the most famous conjurer of all time, Houdini, never even tried it. Hammell says the trick is risky but, "there are safe ways of doing things that are seemingly extremely dangerous."

He adds, "obviously things can go wrong and that can have a catastrophic chain reaction."

There is always room for error and sometimes magicians get hurt or even killed on stage.

Hammell gave Metro an exclusive list of the five most dangerous — and potentially fatal — tricks ever performed on stage.

Spice

"It starts with a spike sticking through a piece of wood covered with a paper cup or a paper bag. The audience mixes them up and one-by-one the magician slams his



Filmmaker Chris Gudgeon, left, and Scott Hammell at their first shooting lesson. CONTRIBUTED

or her hands down on the other identical looking cups or bags. The idea is to leave the last bag and you remove it to show the spike still there.

"I cringe whenever I see that. Magicians work with their hands and you screw that up and there goes your career."

Russian Roulette

"A mentalist from Britain called Maurice Fogel used six guns all with live bullets. He would take one of the guns and fire it at a balloon or dinner plate to prove it was loaded.

"He'd then mix up the guns and choose the gun he wanted pointed at him. On the count of three the marksmen would pull the triggers and hopefully the one pointed at him is empty. He screwed that one up three times.

"Got shot just above the

eye one time and in the chest another time."

Houdini's Water Torture Cell

"The underwater stuff can be really dangerous because it's hard to communicate with your assistants if something goes wrong.

"If something does go wrong chances are you're finding out about it at the last minute, which does not give them much time to get you out and resuscitate you."

Buried Alive

"This trick dates back thousands of years and has definitely cost a few magicians their lives. Joseph Burrus attempted to perform it on Halloween, the anniversary of Houdini's death. I guess he didn't account for the weight of the cement he was being buried in.

"They couldn't get him out

in time and unfortunately he suffocated. "Sometimes you get so wrapped up in a trick you forget the little details which turn out to be the big details."

The Bullet Catch

"This is the one that has certainly cost the most magicians their lives.

"Penn and Teller call it the most dangerous trick in show business, beyond just magic. I would tend to agree.

"I'm not too familiar with the stunt world but I don't think there are too many stunts in movies or television that have cost so many people their lives and yet people continue to do it."

Watch Hammell perform the world's most dangerous trick in The Trick with the Gun on Vimeo-On-Demand or on Super Channel starting Tuesday, December 8.

JOHANNA SCHNELLER WHAT I'M WATCHING

The long, lonely hours of a magician

THE TRICK WITH THE GUN (multiple showings, Superchannels 1, 2, 3 and 4)

Early in this documentary about Canadian magician Scott Hammell's attempt to perform a classic trick, The Bullet Catch, the narrator (the film's director, Michael McNamara) lists the records that Hammell holds in the Guinness World Book, accompanied by video of said events: Highest Suspension Straightjacket Escape (dangling from a helicopter), Longest Inverted Juggling, World's Fastest-Moving Card Trick (performed while skydiving), Highest Blindfolded Straightjacket Escape. All of which Hammell accomplished by age 30.

Now he's turning to the notorious Bullet Catch — first performed in the 1600s, it involves either fake or real bullets being shot at a magician, who catches them in his teeth or hand — to lift him to the next level. (Hammell

will use a real bullet.)

The theme of death runs through magic — all that submerging and disappearing and being sawn in half.

"A magician escapes death every night," someone says. As do all who wake up, you realize.

But despite the many interesting musings on mortality and what an artist is willing to do for her art, I kept returning to the practice element.

Not the death-defying stunt itself, but the hours and hours of repetitive, lonely work it takes to get there.

As a fellow magician puts it, "practice 'til you reach a competency that is mind-blowing."

Contemplating what a "longest inverted juggling" record really means — all those hours, upside down, to earn a stat that means something to a mere handful of people, that can be shattered tomorrow — yeah, my mind was blown.



Scott Hammell trains for a skydiving escape. HANDOUT

PLASTIC SURGERY

Pouty lips, butt lifts big trends

In the plastic surgery business, it was undoubtedly the year of the butt lift, popularized most famously by Kim Kardashian (though she insists she was born that way). And shapely butts weren't the only trend the Kardashian clan set this year.

Kylie Jenner's pout dethroned Angelina Jolie's long-coveted lips, according to an end-of-year survey by RealSelf, the largest online community for cosmetic procedures. The site fielded 10 times as many requests about Jenner's pout, with 43 per cent of facial plastic surgeons and 30

per cent of dermatologists saying more women are making lip-related requests.

According to the survey, 39 per cent of plastic surgeons said women opting for breast enhancement asked for smaller implants this year compared with 2014. This time, patients are going for a slimmer silhouette similar to Rihanna and Kate Hudson.

When it comes to breast reduction, doctors are seeing more requests from teenagers after 17-year-old Modern Family star Ariel Winter revealed she'd

undergone the procedure back in June.

The actress told Glamour that just standing for long periods of time was painful; the procedure took her from a 32F to a 34D. "Even at 14, people would ask me, 'Do you have fake boobs?' But we live in a society that that's what they think about," she told the magazine. For men, the trend is toward classically masculine features, with a particular focus on enhancing the jawline — 26 per cent of doctors said their patients reference Brad Pitt as their ideal. METRO NEW YORK

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LEARNING CURVE

What did you learn this semester?

Depending on what your major is, hopefully you learned more about calculus, forestry or inner-city development. But more importantly, this past semester has been a time for students to simply become better students. How and when to study, when to take a break and how to shut off social media are all important skills that students must learn. For many, staying on track is a long-standing challenge.

"My biggest challenge this semester was staying focused on the work at hand," said University of Winnipeg student Adrienne Tessier. "I would constantly be distracted by looking at graduate programs or law schools. I think it comes from getting closer to the end of my degree. But I'm learning that I can't leapfrog over my undergrad if I want to both enjoy this time and reach where I want to be."

Tessier is in her third year of a honours degree in political science. She says that while getting good marks is always a priority, her number one goal is to enjoy herself along the way. "Mental health is important," she says.

Fourth year biological sciences student Tobi Nifesi says his biggest obstacle this past semester was time management. Nifesi finds visual scheduling to be a useful tool.

"I tackle it by making a mental list of priorities based on urgency and importance," he says. "I give myself deadlines and use a productivity board."

Already preparing for another semester, Nifesi says he would advise students in his shoes to be realistic about how much work they'll be able to do.

"Be realistic and practical with your time," he suggests. "Don't take on more than you can chew... and don't play first, work later."

There will be enough time for play if you finish your work earlier." With only a few courses left in his undergrad, Nifesi says his goal is simple: "Ace them." When it comes to majors like politics that can be subjective in nature, you tend to get out what you put in. Tessier suggests asking questions and examining different angles.

"Examine the viewpoints that you're being taught," she says. "So much of politics is inquiring about things for yourself, especially if you want to get the most out of your degree."

Her study hack is a Chrome extension called Strict Workflow, which blocks any websites that tend to be procrastination go-to's. For Nifesi, a quiet room without too many distractions does the trick.

"Somewhere without too many windows works for me," he says.

— ALANA TRACHENKO



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Nursing boosts rank of U of A

When it comes to university rankings, Maclean's magazine is one of the most valued among university officials and seen as a prestigious honour.

For the first time in its 25-year history, Maclean's ranked the best universities across Canada in 10 program areas — including nursing.

And this year, the University of Alberta's strong showing as a rankings star — bolstered by student satisfaction, especially in the area of mental health — has been reaffirmed by Maclean's magazine, who has once again placed Alberta's flagship university among Canada's top five.

"While the measurement of quality is challenging and many possible indicators were not included in the Maclean's rankings, we strive for excellence in all we do," says Anita Molzahn, dean, University of Alberta, Faculty of Nursing.

"We offer exceptional nursing programs



CONTRIBUTED

and are proud to have the accomplishments of our dedicated educators and scholars recognized."

The University placed first for total operating budget, third for faculty awards, fourth for research citations and fifth for total research dollars amongst Canada's 15 medical/doctoral institutions.

"The facilities and labs in the Edmonton Clinic Health Academy are outstanding, the faculty are stellar, and learning opportunities such as undergraduate research, simulation, and community engagement are abundant," says Molzahn.

The University also ranked fifth in the new student satisfaction survey, which saw students place UAlberta second for mental health.

For more information, visit uofa.ualberta.ca/nursing

EXPAND KNOWLEDGE AT ACADEMY OF LEARNING

Nazila Fateh already had a master's degree and successful career in the field of business management in Iran before moving to Canada.

Before coming to Canada in 2014, Fateh was working in a bank for seven years as a manager of international transaction department (documentary credits) in commercial banking domain.

But after being in Canada for a short period of time, she decided to update her knowledge based on Canadian management and economic environments.

That is when she decided to enroll in the business management program at Academy of Learning Career College.

"It is a well-known and good reputed college with the high rate of employment,"

says Fateh. "It is not just a local college, it is Canada-wide, so the diploma recognized all over Canada and the location is close to my home."



CONTRIBUTED

When it came to choosing a school to expand her knowledge, she was also looking for a school that would offer her support, as well as a program that would allow her to work part time while she studied.

"It is a good college with flexible timing, well-developed course and help is always there," says Fateh.

When she completes her training at Academy of Learning, Fateh's goal

is to get a good job based on her education and develop her career in this field in the Canadian market.

Visit www.academyoflearning.ab.ca for more information.

Career Services to help with your next step.

Whether you are a first-time job seeker or an experienced individual making a career change, our **Career Services** team is here to help you prepare for the job search process.

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Excel is built on intensive education

Jamila Baillie had been studying psychology and working in retail, but was finding it increasing difficult to gain an entry level job working in mental health.

Wanting to take the next step towards her desired career, she enrolled in the community support worker program at Excel Academy.

"Knowing I would need further training, I chose this program because of the certifications it would provide so I could confidently be able to begin working in the field I have been working towards," says Baillie.

The CSW certificate program is an intensive 17-week certificate program designed to develop the values and attitudes of professional community support workers, with emphasis placed on developing creative and critical thinking skills.

Because of the learner adaptive program, Baillie was able to learn in such a way that set her up for success.

"For me that became a reason why I pursued recreation afterwards," she says. "I was

able to experience through practicums various opportunities I could pursue and I saw an avenue that let me use my creativity and ability to adapt to each person's needs in a way that enriched each individual's lives."

Baillie is now a recreation therapy assistant at Excels Alberta Health Services Group Homes.

Graduates of this program may pursue a variety of career opportunities in the disability services sector, as well as recreation therapy, special needs teacher assistants, addictions and mental health, homeless population services, and services to new immigrants to Canada.

Visit www.excelacademy.ca.

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Talk to an advisor or faculty member at a BSW information session:

December 8, noon – 1 p.m.

January 12, 5 – 6 p.m.

January 28, 5 – 6 p.m.

February 2, noon – 1 p.m.

Faculty of Social Work Edmonton Office, 444, 11044-82 Ave.

BSW application deadline: **March 1, 2016**



UNIVERSITY OF
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fsw.ucalgary.ca/fswcentralandnorth

Take financial control

If you're a meticulous, analytical thinker at a career crossroads and you're looking for something new and challenging, consider Accounting and Payroll Administration.

The 43-week Accounting and Payroll Administration program at Reeves College provides an intensive immersion into accounting and payroll fundamentals that will poise you for a career with challenging and rewarding new responsibilities.

The program teaches students to thoroughly understand the business accounting and payroll cycle, including providing them a firm grounding in double entry bookkeeping, income tax, pensions, accounting software, and fundamental administrative skills.

When you're working in any office, basic computer skills are a must. That's why the Reeves College Accounting and Payroll Administration program provides extensive training and practice in the full Microsoft Office suite, including Access, Excel, Word, Outlook, and PowerPoint.

Human resources is another important area that Accounting and Payroll Administration professionals should be well-versed in. The Accounting and Payroll Administra-



CONTRIBUTED

tion program at Reeves College prepares students on how to manage various aspects of HR, from hiring to performance appraisal.

These and other highly relevant and engaging courses will position graduates to enter straight into the field in jobs such as accounting clerk, audit clerk, tax return preparer, bank clerk and payroll officer.

For more information on the Accounting and Payroll Administration program at Reeves College, visit study.reevescollege.ca, or call 1-800-533-1457.

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Financial assistance may be available to qualified applicants.



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The ADLC prescription for learning

Working 40 hours a week at the family drug store, as well as running a small indie-record label and promoting all-ages music shows at the age of 16, did not leave Gareth Lukes a lot of time left for high school.

Working at Lukes Drug Store — a Calgary landmark founded by his grandfather in 1951 — saw Lukes working every position needed, from cleaning to working in the post office.

“I think that’s part of any family business — you have to work,” says Lukes.

“It was convenient, and my dad always needed people to work, so I always got stuck working odd hours.”

Despite the strain on his time, Lukes still wanted a solid high school education, so he turned to distance education through Alberta Distance Learning Centre (ADLC).

“It was really nice because with ADLC, you could use 18 months to complete a course, and that was huge because there’d be times where I’d be so busy I didn’t have time to work on the school stuff,” Lukes says.

“Then at other times it’d be a lot slower, so I’d be able to do things at my own pace, which was really nice.”

Another one of the perks that Lukes found through his ADLC education, was the work experience course, where he was able to turn his work at the family drug store into school credit.

Since completing his studies with ADLC, Lukes has taken over the day-to-day operations of the store and has noticed a shift in the need for traditional drug stores.

So he started selling vinyl records, specialized food products, paper goods, and added a coffee bar — while maintaining the pharmacy and post office services.

Through the help of ADLC, Lukes is now a student at the University of Calgary’s Haskayne School of Business.

Although happy with education at uCalgary, Lukes wishes he was able to finish the rest of it through distance education, because the success of the original store has led him to open other locations in Calgary and Vancouver.

For more information about how you can get your education working for you through Alberta Distance Learning Centre, call 1-866-774-5333, or visit adlc.ca.



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Jan 11 – Feb 20, 2016
Mon & Wed, 6:15 – 9:15 pm and
Sat, 8:00 am – 3:00 pm
Fee: \$1300

Machine Shop I (MACH101)

Jan 11 – Feb 17, 2016
Mon & Wed, 6:15 – 9:15 pm
Fee: \$530

Visual Welding Inspection (WELD950)

Jan 11 – Mar 9, 2016
Mon, Wed & Thu, 6:15 – 10:15 pm
Fee: \$1730

Plumber Job Readiness (PLMR702)

Jan 19 – Mar 10, 2016
Tue & Thu, 6:15 – 9:15 pm
Fee: \$885

Measurement & Bearings (MILW116)

Jan 19 – Feb 25, 2016
Tue & Thu, 6:15 – 9:15 pm
Fee: \$520

For the most current information and listing of all part-time courses visit nait.ca/ConEd. Enrol today.

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Social workers are always in demand

The University of Calgary has been committed to social work education across the province since its founding in 1966 and has maintained a significant presence in Edmonton and throughout central and northern Alberta for decades.

"The Capital region has a vital social service

sector and degree-level social workers have always been in high demand," says Rick Enns, PhD, RSW, associate dean, Central and Northern Alberta Region, University of Calgary, Faculty of Social Work.

Social workers are employed in direct service in many different areas including health care, mental health, education, child welfare, military and justice; and in community development, policy and planning, management, and the not-for-profit sector.

"The need for social work skills has never been greater as civil society commits itself to addressing the most pressing issues that we face today," says Enns.

The Faculty of Social Work has a long history of providing excellent social work education at the Bachelors, Masters, and PhD levels, and over 275 students are currently registered in BSW and MSW programs offered in Edmonton or across central and northern Alberta.

Students with a social work diploma from a recognized university or college in Alberta are eligible to apply for the September 2016 BSW intake, as well as students with a completed Bachelors degree or two full years of study at the Bachelors level in a field other than social work.

Deadline for applications is March 1. Visit fsw.ucalgary.ca/central-and-northern-alberta.



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Drafting a new career

After spending more than 20 years in the construction industry, Gerald G. Emery was ready for a change.

"I've tried everything from carpentry to welding (of which I spent seven years as a welder) trying to find 'my job,'" says Emery.

When welding became toxic to him, he had to rethink his future, and as a result of EI programs he was led to Digital School Technical Design College.

"I began as a simple CAD drafter, and after some legwork at the end of the six month course, I re-applied for the full 12-month architectural drafting program and haven't looked back," says Emery.

Happy with his decision to pursue this program and new career, Emery says he would like to design restaurants — an area he is very familiar with after working as a line cook on and off since he was 13 years old.

"One of the things that always bothered me was how poorly cooking lines were setup," says Emery.

"Same thing goes for the front of house or serving area — with little or no experience just cramming in people into a space and calling that 'good.'"



ISTOCK

With the help of his experienced instructors, Emery says he is well on his way towards the rewarding career he has been looking for.

"I can honestly say that my Digital School experience is one that I will never forget," says Emery.

For more information about this program or Digital School, visit digitalschool.ca.

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Financial assistance may be available to qualified applicants.



jobbank.gc.ca

ESL program helps student feel at home

New Canadian Willy Poveda can now talk to his neighbours, ask his local grocer which aisle the cereal is in, and order a meal without having to struggle to find the right words.

But despite leaps and bounds in his grasp of the English language thanks to NorQuest College's Language Instruction for Newcomers to Canada (LINC), and its English as a Second Language (ESL) training, Poveda credits the programming for helping him learn so much more.

"What was such a great experience was that I started to learn about Canada too," says the 35-year-old Colombian national, who is now part of the college's Academic Upgrading program with eyes set on a career in health care. "It wasn't just about learning the language, it was about total integration."

Poveda arrived in Edmonton from Columbia in 2011 via Montreal. His wife and two children came a year later; it was a scary time.



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"I remember my first day at NorQuest. I was so afraid to talk. Now, I have learned so much and I am still learning and I am not afraid to talk to people. As a student, I know I can count on the teachers. But NorQuest is not only about the teachers. If you have troubles they have counsellors—people who can help you in many ways."

Dynamic careers from CDI College

Are you ready to advance your office administration skills to a new level? Medical office administration is a rewarding career choice for meticulous, organized individuals who have a passion for helping others. The Medical Office Administration diploma at CDI College helps graduates kick-start a career in this dynamic profession.

Courses in the program at CDI College ensure students come away with the most up-to-date office administration skills, including skills in Microsoft Outlook, Word and Excel. The program also offers students the opportunity to polish their professional skills, business writing and keyboarding, so they will come away with all the basics they need to work effectively in an office environment.

Add to that the engaging medical knowledge students will be immersed in. The Medical Office Administration diploma at CDI College offers courses covering



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the basic knowledge graduates will need to work with specialist doctors including urologists, endocrinologists (hormone specialists), neurologists, gynecologists and otolaryngologists (ear, nose and throat doctors).

Graduates from the program are supported through CDI College's Career and Employment Services department, which assists students in their job search. Former graduates have gone on to work in diverse environments, including hospitals, private medical practices and clinics.

If you have an interest in medicine and working with the public, a career in Medical Office Administration may be for you.

For more information, visit CDI College online at study.cdicollege.ca, or call 1-800-360-7186.

Looking for a career change?

Become a Registered Nurse in 2 years at the University of Alberta

The Bachelor of Science in Nursing After Degree Program is offered for individuals with a recognized university degree in another field, and can be taken in Edmonton or Camrose.



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Robertson will get you job-ready soon

Many of people start a new year with new goals: to lose weight, to eat healthier, to hit the gym more often, but with the downturn in the Alberta economy the goal of many has shifted towards education.

"For those that choose to start an education at Robertson College in the new year, can expect to graduate and be job-ready before the end of 2016 — or just in time for the economical recovery," says Ramona Buda, campus director, Robertson College.

Many programs starting in the new year that can have you working in a new career in 2016.

For individuals looking to start a care in the field of health care, Robertson College offers the health care aide, health unit clerk, and medical office assistant programs.

In addition, a new program that is in high demand now is the community support worker program.

Business administration management, legal assistant, and network security techni-

cian are a few other programs that are also starting in January.

"The business administration management is a hands-on program for those interested in pursuing a career in management, but also for those that aspire to become entrepreneurs and small business owners," says Buda.

Those exploring a new career path have an opportunity to meet not only with one of Robertson's career counsellors, but also with the instructors — subject matter experts with years of hands-on experience in their field.

Career counsellors at the campus will help you decide what program and career is the best fit for you and what jobs are available for you upon graduation.

The career services department will place you in a job practicum and many of these turn into career opportunities.

"Our career services department is committed to helping students secure a career



ISTOCK

after they graduate," Buda says.

"Year to date, more than 85 per cent of our students have successfully found employment in their field of studies."

For more information about how to get your career on track in the new year with Robertson College, visit robertsoncollege.com/campuses/Edmonton.



Wishing you the best of the season!

For over 90 years, Alberta Distance Learning Centre | ADLC has offered Albertans paths to education that fit their busy lives. With premium print and online educational opportunities available, students from Grade 1 through 12, and adults taking life to the next level, can learn on demand with support from professional teachers.

For more information on programs and courses, visit adlc.ca
1-866-774-5333

ADLC

Alberta Distance
Learning Centre

Denver Broncos QB Peyton Manning will suit up and throw outdoors this week as he begins his comeback from a torn plantar fascia

Going from first to worst

CFL

Jones takes head coach/GM position with Roughriders

Chris Jones comes from the southern United States, where football is akin to religion. He sees the same dedication to the sport in his new CFL home.

Jones was introduced Monday as the new head coach, general manager and vice-president

of football operations of the Saskatchewan Roughriders, ending weeks of speculation about the Grey Cup-winning coach's future.

Jones, who led the Edmonton Eskimos to a CFL championship this season, says he's looking forward to working in Saskatchewan, which boasts a fervent fan base.

"I'm from a little, small place down in Tennessee, town called South Pittsburg ... and to have this opportunity, I woke up this morning with a smile on my face," Jones said at a news conference at Mosaic Stadium in Regina.

"Football matters a whole lot down south, and it matters a whole lot here, and that hinged a lot on my decision."

Jones will have his work cut out for him, inheriting a

Roughriders team that struggled mightily last season en route to a league-worst 3-15 record.

Saskatchewan spent half of last season with interim tags on both its head coach and GM after the organization fired coach Corey Chamblin and GM Brendan Taman in September.

Jones wouldn't speculate on his vision for the Riders' future.

"I'm not going to sit here and make any bold predictions or anything like that," he said. "I can tell you that we're going to put a really high-quality, high-character staff

together that enjoys being around each other. We're going to bring in good people first, that happen to be good football players and we're just going to go to work."

He says there are good players on the roster and it's a matter of adding to an already good product. However, he adds the salary cap "will dictate who can stay and who has to go."

Riders president and CEO Craig Reynolds said Jones is a winner.

"He's a great leader and he's had a track record of success where

"This is an opportunity for him to grow professionally and I wish him well in his future endeavours."

Eskimos GM Ed Hervey



A little more than a week after winning the Grey Cup with the Eskimos, Chris Jones is on the move to Regina. ABOVE: MICHAEL BELL/THE CANADIAN PRESS; LEFT: JASON FRANSON/THE CANADIAN PRESS

ever he's been," said Reynolds.

Jones has had success at each of his CFL stops since entering the league in 2002 as a defensive line coach with the Montreal Alouettes. After the Alouettes won the Grey Cup in 2002, he was defensive coordinator Calgary's cham-

pionship-winning team in 2008, and defensive co-ordinator, assistant head coach and assistant GM of Toronto's Grey Cup team in 2012.

He has already demonstrated his ability to turn around a troubled team. The Eskimos had just posted a 4-14 record when Jones took over after the 2013 season. Two years later, they

defeated the Ottawa Redblacks 26-20 to win their first Grey Cup title in a decade.

Jones says he debated staying in Edmonton, but the decision ultimately came down to the chance to do his own thing in Saskatchewan. "When an opportunity like this presents itself, you have to jump at it," he said.

THE CANADIAN PRESS

CFL

LaPolice returning to Bombers as OC

Paul LaPolice is heading back to Winnipeg.

The former Blue Bombers head coach has been hired by the team as its new offensive co-ordinator.

The Blue Bombers tweeted a 19-second video Monday night depicting LaPolice and head coach Mike O'Shea signing a contract and shaking hands.

"Fire it up," LaPolice says in the video after being introduced as the new offensive co-ordinator by O'Shea.



Paul LaPolice
THE CANADIAN PRESS FILE

LaPolice served as Winnipeg's head coach from 2010 to 2012. He compiled a 16-28 record during that time.

He will replace Marcel Bellefeuille, whose contract was not renewed by the Bombers following the 2015 season. THE CANADIAN PRESS



NBA IN BRIEF

Nike just does it for LeBron

LeBron James has signed a lifetime contract with Nike.

James, 30, has been partnered with the athletic apparel giant since he signed a \$90-million contract just before he graduated high school. The NBA star's new deal will carry into his retirement once he's done playing.

Financial terms were not disclosed.

James earned \$30 million last year when his stakes in headphone maker Beats by Dre were purchased by Apple. THE ASSOCIATED PRESS

Spurs rout 76ers with B team

With new front office executive Jerry Colangelo sitting court-side, the Philadelphia 76ers showed him just how far away they are from becoming a competitive franchise.

Tim Duncan, Manu Ginobili and Kawhi Leonard all sat out and the San Antonio Spurs still rolled past the Sixers, 119-68 on Monday night.

LaMarcus Aldridge led the Spurs with 26 points and nine rebounds. THE ASSOCIATED PRESS

NBA

Raps spoil Kobe's Toronto farewell



Kobe Bryant scored 21 points on Monday. TORSTAR NEWS SERVICE

Kyle Lowry poured in 27 points as the Toronto Raptors snapped a two-game skid with a 102-93 win over the Los Angeles Lakers on Monday night.

Terrence Ross, starting in place of the injured DeMarre Carroll, added a season-high 22 points for the Raptors (13-9).

Kobe Bryant, who will retire at the end of the season, had 21 points and eight rebounds for the Lakers (3-18). It was Bryant's final regular-season game in Toronto. THE CANADIAN PRESS

RECIPE Chickpea and Cauliflower Curry



PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh
For Metro Canada



Before you even have a chance to tuck into this quick and easy curry, you're going to be won over by its glorious aroma.

Ready in
Prep time: 40 minutes
Serves 6

Ingredients

- 2 Tbsp coconut oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 1/2 inch ginger, minced
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 x 28-ounce can of diced tomatoes
- 1 x 15-ounce can of chickpeas, drained and rinsed
- 1 x 15-ounce can of coconut milk
- 1 medium head of cauliflower, cut into florets

- 2 tsp garam masala
- Salt and pepper to taste
- Handful of fresh chopped cilantro, plus more for garnish

Directions

1. In a large Dutch oven, heat the coconut oil over medium heat. Add onion, garlic and ginger and sauté for about 8 to 10 minutes. Stir in the coriander, cumin, cinnamon and turmeric and cook for about 1 minute.

2. Add the tomatoes, chickpeas, coconut milk and cauliflower. Bring mixture to a boil, then reduce the heat to low. Cover and simmer for about 15 minutes. Stir in the garam masala and cook uncovered for 5 to 10 minutes, until it thickens slightly. Season with salt and pepper and stir in fresh cilantro. Serve over brown rice and garnish with a bit more cilantro.

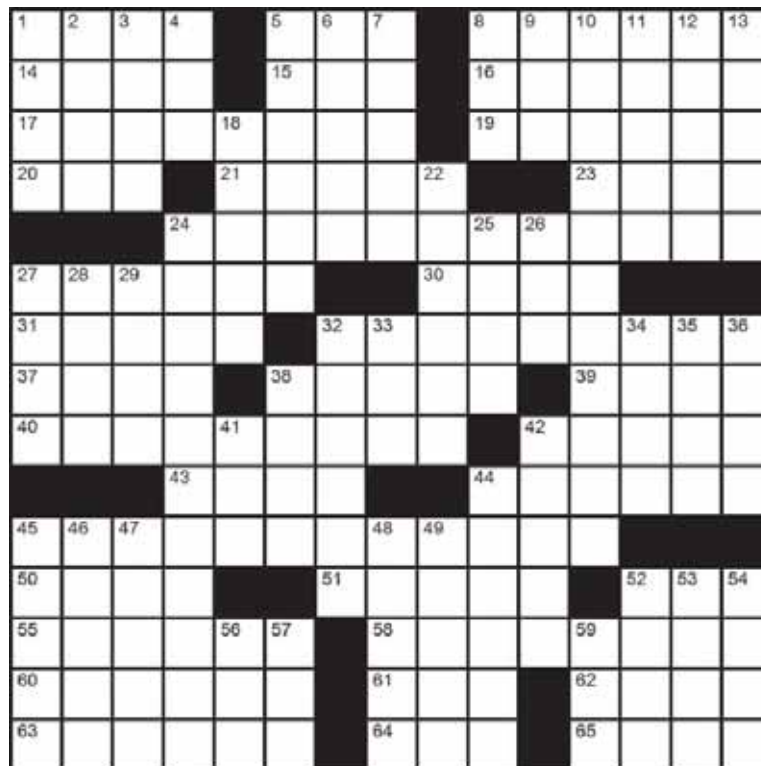
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Calgary __, Airport
- Possesses
- Maureen __ (Residences: Homes of Canada's Leaders author)
- Lawn mower brand
- Toronto, __
- Body of work
- Canada Dry product: 2 wds.
- Settle
- Till
- Marketing ploy, e.g.
- Evil group on 1960s spy sitcom "Get Smart"
- Beatles tune Alanis Morissette sang for a John Lennon tribute special in 2001: 2 wds.
- Secure
- Lab gel
- Wins
- Individual item
- "It's either her __" (Ultimatum to the unfaithful)
- Plods wearily along
- Olivia of "The Wonder Years"
- Diet advertisement's tape measure locale
- Sorrow [var. sp.]
- Multi-revolution figure skating jump, e.g.
- Mr. Bigalow's
- Specialist in makeup and skin-care: 2 wds.
- Earthenware pot
- Gateway to swipe



- a subway pass
- She's opposite
- Ms. Hepburn
- Nunavik village in northern Quebec meaning "The Giant"
- Stow cargo in a ship's hold
- Affirmative gesture

- Taj Mahal's site
- More nervous
- Edmonton cheer starter, "Gimme __!"
- React as warm ice

DOWN

- "The Seven Year __" (1955)

- Court plea, __ contendere
- 1983 Spandau Ballet hit
- High-arc tennis shot
- "Whoopee!"
- Both/either conjunction combo
- Mailing mark
- "The __ Squad"

- Bee's follower
- Exhausted: 2 wds.
- Mineral water brand
- George Clooney's medical TV job: acr. + abbr.
- Actress/singer, Della __
- Eyewear, col-

- loqually
- Freeze flavour
- Topped-with-oats desserts: 2 wds.
- Aussie footwear faves
- NBA's Mavericks, on scoreboards
- Madonna's "Take __"
- Prefix meaning "Trillion"
- James Brown and The Rolling Stones are performers in this 1964 concert film, "____ Show"
- Microscope specimen holders
- Particle
- Toiletry item
- Classic instrument
- Neither partners
- Do in, Medieval-style
- "Tsk!"
- Eric Clapton band, __ and the Dominos
- Dupe
- Brag
- Rinse, as with a solvent
- Middle name of astronaut Neil Armstrong
- Ms. Aguilera, to fans
- Fasten the name-tag: 2 wds.
- Massive
- Dixie Chicks hit: "Goodbye __"
- Card game
- Character in Haydn's oratorio The Creation
- Your, fun-style
- Toast spread

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may do something today that others will not approve of but you won't change course because of it. If anything you will enjoy being singled out for so much attention. Besides, all publicity is good publicity.

Taurus April 21 - May 21
Your daily routine will be interrupted today and you won't be too happy about it. That said, does your life really need to be so regimented? Maybe you should try to relax a bit.

Gemini May 22 - June 21
Why is it that everyone but you seems to have got it wrong? Why is that no one can see what you can see? Whatever the reason, carry on with your own way of doing things.

Cancer June 22 - July 23
Don't try to reason with certain people because whatever you say they will disagree with. It may annoy you that they are so stubborn but you are like that too sometimes.

Leo July 24 - Aug. 23
To some people the current outlook may seem a bit glum but you can see the bright side in even the darkest situation, so make it your aim to remind them that life can still be fun. But if they remain unconvinced don't let them bring you down too.

Virgo Aug. 24 - Sept. 23
Don't let someone's selfishness or stupidity get to you today. Stay calm and refuse to let your lower nature take control.

Libra Sept. 24 - Oct. 23
If you don't feel like working then don't force yourself. There is no point starting anything too detailed. If possible, keep your powder dry until the new moon comes round on Friday. Then your enthusiasm will return.

Scorpio Oct. 24 - Nov. 22
If you're wondering what might have been that is a sure sign you need to make changes. Give it a few days and it may surprise you how easy it is to transform your life.

Sagittarius Nov. 23 - Dec. 21
There are times when it is smart to keep your thoughts to yourself and this is one of them. Even if a family member pesters you for an opinion today you must bite your tongue.

Capricorn Dec. 22 - Jan. 20
Employers are demanding and what annoys you most is that they change their minds every two minutes. Getting angry will make matters worse.

Aquarius Jan. 21 - Feb. 19
You will do something so strange today that even those who know you well may wonder if you are losing your mind. Maybe you are but either way it's good to keep them on their toes. Don't ever be taken for granted.

Pisces Feb. 20 - March 20
If you rely heavily on emotions then you may stray from the truth. The more you see conspiracies round every corner the more you can be sure that your imagination is playing tricks on you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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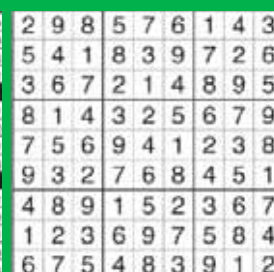
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